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with
Canadian
cuisine*



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Cover photo: George McNeill, Executive Chef, Royal York Hotel

Canadian Cuisine!

Finally, this elusive phrase is beginning to have some meaning. With the help of seven great Canadian chefs, Agriculture and Agri-Food Canada in collaboration with Canadian Pacific Hotels, define Canadian Cuisine with style, one glorious region at a time.



*World-class animals and products at a world-class fair
-the Royal is always A Fair to remember!*

Agriculture and Agri-Food Canada (AAFC) is proud to be associated with the **Royal Agricultural Winter Fair** in its **75th anniversary** year. Like the Royal, AAFC has a long and proud history of serving Canada's agriculture and food industry. The agri-food sector is vital, employing close to **two million** Canadians.

One reason for the sector's success is its ability to access markets, both at home and abroad. The federal government assists by seeking and securing new international markets, working to eliminate trade barriers and promoting Canadian products abroad. In cooperation with provincial governments and industry partners, it also helps exporters to clinch sales through the development of international marketing programs.

To ensure that those who buy Canadian are assured of safe and wholesome agriculture and food products, the Canadian Food Inspection Agency works with industry in grading, enforcing safety standards, controlling pests and disease, and monitoring labeling and packaging. The end result is agricultural and food products unsurpassed anywhere on earth in terms of quality and safety, and an industry that racked up a record **\$20 billion** in exports last year.

These Canadian Pacific Hotels chefs are pleased to present their recipes created with Canadian products.

From Sea to Sky - the foods of southern British Columbia

Michael Allemeier

Executive Chef, Wildflower Café, Château Whistler (Whistler, British Columbia)

Born in South Africa, Michael Allemeier started cooking at the age of 16 in Winnipeg, Manitoba. After completing his apprenticeship he studied under Simon Smotkowicz and Tony Murakami of the Canadian Culinary Olympic Team.

In 1990 he joined Bishop's Restaurant in Vancouver, and became chef there three years later. With his team, he and owner John Bishop developed and compiled the recipes for the award-winning Bishop's: The Cookbook (Douglas & McIntyre, 1996).

He was appointed Executive Chef of Château Whistler's Wildflower Café earlier this year. In his cuisine he emphasizes the local bounty of British Columbia.

A Native Feast

John K. Cordeaux

Executive Chef, The Queen Elizabeth Hotel (Montreal, Quebec)

John Cordeaux was born in England and made his culinary début at the Royal Victoria Hotel in Sheffield, South Yorkshire. He went on to work at the well-known Wildflower Restaurant of The Lodge at Vail (Colorado) and at Scotland's five-star Turnberry Hotel, where he reached the national finals of the Culinary Scholarship Competition organized by Chefs Albert and Michel Roux.

Appointed Executive Chef of the Queen Elizabeth Hotel in 1991, at the age of 30, Chef Cordeaux supervises a staff of 90, serving an average of 3,000 meals a day in the hotel's three restaurants and 33 banquet rooms and through its outside catering service.

Chef Cordeaux's cuisine is rooted in the traditions of classic cooking, but with a contemporary twist, characterized by a profound respect for fresh, locally-grown produce, pungent yet light sauces (often of exotic inspiration), and colourful and innovative presentations.

In 1992 he received a Special Award of Merit from the Confrérie de la Chaîne des Rôtisseurs, and the following year was named Chef of the Year for the City of Montreal during the Grand Gala culinaire Charlton Hobbs. In June

1994, Chef Cordeaux had the honour of cooking for celebrated chef Paul Bocuse and a delegation of grands chefs from France – moments which, he says, "are precious souvenirs engraved in my memory."

John Cordeaux lives and cooks in Montreal with his wife and their three children.

From the Foothills...the cuisine of southern Alberta

David Garcelon

Executive Chef, The Lodge at Kananaskis (Kananaskis, Alberta)

Born in St. Stephen, New Brunswick, David Garcelon studied at the Culinary Institute of Canada and apprenticed at the Vancouver Lawn Tennis Club and Toronto's Windsor Arms Hotel. He worked as a Sous Chef and Executive Sous Chef in various hotels from Saint John to Vancouver before being appointed Executive Chef of The Lodge at Kananaskis, where he and his staff are proud to promote a unique Native Canadian style menu, as well as locally-produced Alberta beef, venison, and buffalo, to their Canadian and international clientele.

In 1995 Chef Garcelon acted as Head Chef during a sixteen-day food promotion in Beijing, China, to create awareness of Canadian food products, including ostrich, buffalo and venison.

Awards and honours include a bronze medal at the 1991 British Columbia Grand Salon Culinaire, and a Chef de Cuisine Certification (Canada's highest culinary achievement) in 1995.

David Garcelon lives in Canmore, Alberta, with his wife and their two sons.

A Canadian Culinary Celebration Ontario's Bounty

George McNeill, CMC

Executive Chef, Royal York Hotel (Toronto, Ontario)

Born in Scotland, the son of a chef, George McNeill trained in Europe and the United States before coming to Toronto's Royal York Hotel in 1989.

As Executive Chef he supervises a staff of 100, preparing an average of 4,000 to 6,000 meals a day in Canada's largest hotel kitchen (25,000 square feet). Since his arrival, the elegant landmark hotel has become synonymous with superb cuisine, and his original nage dish – part



appetizer, part soup – is one of the most popular items on the hotel menu.

Chef McNeill led the Canadian National Team to 3 gold medals and a bronze at the 1996 Culinary Olympics, the world's largest and most prestigious cooking competition. The apprenticeship program he designed and implemented is recognized as a leader in the industry, and is in place at Canadian Pacific hotels from coast to coast.

A member of the Escoffier Society and the Confrérie de la Chaîne des Rôtisseurs, George McNeill is the only Canadian chef to have been recognized as a Certified Master Chef (CMC) by the Epicurean World Master Chefs' Society and the Culinary Institute of America. He was named Chef of the Year in 1996 by the Escoffier Society and the Canadian Federation of Chefs and Cooks, and in 1997 by the Ontario Hospitality Institute.

Small tastes of the Maritimes

Dale Nichols

Executive Chef, Hotel Halifax (Halifax, Nova Scotia)

A native of Moncton, New Brunswick, Dale Nichols studied the culinary trade in Toronto under the apprenticeship of Mark McEwan at the Sutton Place Hotel. He went on to become Sous Chef, then Executive Chef of Pronto Ristorante and first Executive Chef of the renowned Acrobat Restaurant, operated by Toronto's top restaurateur, Franco Prevedello. Dale Nichols has opened several critically acclaimed Toronto restaurants, including The Wellington Club, Canoe, and the Paramount Bar & Grill.

Eager to return to his native East Coast and to bring new tastes and techniques to the standards of the day, Chef Nichols left the Paramount and came to the Hotel Halifax two years ago. Among other specialties, his creative use of low-fat marinades and salsas in place of creams and butter sauces has won favour with health-conscious diners.

Late autumn at the Château showcasing two of Quebec's great cheeses

Jean Soulard

Executive Chef, Le Château Frontenac (Quebec City, Quebec)

Jean Soulard was born in a small village in France, where his father ran a bakery and his mother managed an inn and restaurant. He trained formally at the École hôtelière de Saumur, graduating as "Meilleur apprenti cuisinier de France." Before becoming Executive

Chef of the Château Frontenac in 1993, he worked for the Hilton International chain at their hotels in Asia (Guam, Tokyo, Hong Kong and Manila), Quebec City and Montreal, and in prestigious restaurants in France, England, Corsica and Switzerland.

Winner of numerous international culinary awards, including the Gold Medal at the Salon culinaire mondial de Bâle (Switzerland) in 1987, Chef Soulard led the Quebec team to a gold medal at the Salon culinaire du Québec in Montreal, and has twice been named Chef of the Year (in 1987 by the Montreal newspaper *The Gazette*, and in 1989 by the Association des Cuisiniers et pâtisseries du Québec). In September of this year he was honoured by his fellow Quebec chefs for his exceptional contribution to our culinary heritage at a gala evening, the Gala des Chefs: Profession Cuisinier, given in his honour at the Montreal Casino.

Chef Soulard is the author of two cook-books: *Comme au Château* (1990) and *La Santé dans les grands plats* (1995).

Pheasant at its best

Roger Tremblay

Executive Chef, Deerhurst Resort (Huntsville, Ontario)

Roger Tremblay was born in Rouyn-Noranda in northern Quebec, and had the makings of a chef from an early age. "Being from a large family, everyone had to get involved in the preparation of meals," he recalls. "I wanted to carry on the family tradition of preparing fine food, and decided to become a chef." His fondness for local produce and regional flavours prepared with a country style is reflected in the menus he designs at Deerhurst Resort.

After studying his craft in Lasarre, Quebec, Roger Tremblay worked at the Château Lake Louise, the Banff Springs Hotel, and the Algonquin Hotel (New Brunswick) before joining Deerhurst Resort in 1988. In addition to his duties as Executive Chef, overseeing the operation of 8 kitchens spread across 900 acres, Chef Tremblay started a maple syrup operation at Deerhurst which grew from a simple hobby to a month-long annual family festival! He also conducts cooking demonstrations for the themed weekends that run throughout the year at the resort, and leads workshops for local Muskoka chefs.

Chef Tremblay was named Regional Chef of the Year (1988) by the Muskoka District Chefs' Association, and in 1993 received his Chef de Cuisine Certification.

He lives in Huntsville with his wife and children.

From Sea to Sky - the foods of southern British Columbia

Chef Michael Allemeier

Shell-roasted B.C. Spot Prawn Tails Scented with Lemon Thyme and Paired with Parsnip Purée

In British Columbia, spot prawns are relished for their ultra-sweet tasting meat. They are easily identified by two white spots at the base of the tail. Louisiana bay shrimp or black tiger prawns may be substituted.

As an appetizer course, mound a spoonful of parsnip purée in the centre of each plate, then lean the roasted prawns on the side and garnish with a sprig of lemon thyme.

1/4 cup	fresh lemon thyme sprigs	50 mL
1/2 cup	unsalted butter	125 mL
2	large garlic cloves, sliced	2
1 lb	prawn tails, shell-on	450 g
1/2 tsp	salt	2 mL
	Parsnip Purée (recipe follows)	
	Additional lemon thyme sprigs, as garnish	

Strip leaves from lemon thyme; set aside. Combine lemon thyme stems and unsalted butter in small saucepan. Heat gently till butter melts. Add sliced garlic. Cook over low heat till milk solids evaporate and only clarified butter remains; about 10 - 12 minutes. Strain butter, discarding garlic and stems. Split prawns down the back and open them. Remove any veins. Place on baking sheet; brush with melted butter. Sprinkle lightly with salt and reserved thyme leaves. Roast in preheated 400°F (200°C) oven for 5 - 7 minutes, depending on the size, until prawns turn pink. Serves 4 - 6.

Parsnip Purée

1	vanilla bean	1
2 cups	cold water	500 mL
1 tbsp	salt	15 mL
1 tbsp	granulated sugar	15 mL
2 cups	peeled, diced parsnips	500 mL
1/2	lemon	1/2
2 tbsps	butter	25 mL
1/3 cup	table cream (18%)	75 mL
	Salt, to taste	

With tip of sharp knife, scrape seeds from vanilla beans and reserve. Combine beans, water, salt, sugar, and parsnips. Squeeze juice of lemon. Add juice and seeded lemon half to parsnips. Bring to a boil, reduce heat, cover and cook till tender, about 25 - 30 minutes. Drain, removing beans and lemon half. Transfer parsnips to food processor; add reserved seeds and purée with butter and cream until smooth. Adjust seasoning. Keep warm.

A Ragout of Vancouver Island Wild Mushrooms and Baby Leeks, Pemberton Pumpkin and Shuswap Sheeps' Brie and Elephant Garlic Bread Pudding

Wild mushrooms grown in profusion on Vancouver Island. In this recipe they may be replaced with oyster, shiitake, or portobello mushrooms.

To serve this dish, reheat bread pudding in microwave and place in centre of warm serving dishes. Spoon on mushroom ragout, top with pumpkin and garnish with fresh sage and/or baby leeks.

3 tbsps	unsalted butter	45 mL
4	shallots, peeled and thinly sliced	4
4	garlic cloves, minced	4
4	baby leeks, cleaned and diced	4
1 tsp	green peppercorns	5 mL
4 cups	mixed wild mushrooms (chanterelles, lobster chicken-of-the-woods, hedgehog, etc.)	1 L
1 tbsp	minced fresh sage	15 mL
1/4 cup	dry sherry	50 mL
1/4 cup	chicken or vegetable stock	125 mL
	Salt and freshly ground pepper, to taste	
1/4 cup	minced fresh parsley	50 mL
	Pemberton Pumpkin (recipe follows)	
	Savory Shuswap Sheeps' Brie Bread Pudding (recipe follows)	
	Fresh sage and baby leeks, cleaned and trimmed, as garnish	

Heat large saucepan over medium heat. Add butter, shallots, garlic, leeks and green peppercorns. Cook for 5 - 6 minutes or until shallots begin to brown. Add mushrooms and sage; cook 2 minutes on medium-high heat. Pour in sherry, stir and cook for 1 minute. Add stock, cooking uncovered until almost completely reduced. Season with salt and pepper, adding chopped parsley at the last moment.

Pemberton Pumpkin

Sugar pumpkins are sweet, fleshy and have lots of flavour. Because they are low in water content, they are ideal for cooking. If you cannot find the particular variety, use butternut squash instead.

1 lb	sugar pumpkin	450 g
1 cup	chicken or vegetable stock	250 mL
1/4 cup	unsalted butter	50 mL
	Salt and freshly ground pepper, as needed	

Peel, seed and cut pumpkin into 1/2" (1 cm) pieces. In a small saucepan, combine pumpkin, stock and butter. Season lightly with salt and pepper. Bring to a boil, reduce heat and simmer until tender, 5 - 7 minutes. Drain and keep warm.

Savory Shuswap Sheeps' Brie and Elephant Garlic Bread Pudding.

Regular brie or goats milk cheese may be substituted for the Shuswap Sheeps' Brie, a tangy cheese produced in the lake district in central B.C.

1 tbsp	unsalted butter	15 mL
1/2 cup	diced red onion	50 mL
1/2 cup	sliced elephant garlic	50 mL
1 cup	milk	250 mL
1	egg yolk	1
1	whole egg	1
4 oz.	Shuswap Sheeps' Brie, finely diced	125 g
1 1/2 cups	day old bread cubes	375 mL
3	green onions, minced	3
1 tsp	salt	5 mL

In skillet, melt butter; sauté onion and garlic till tender over medium heat. Let cool. In small saucepan, heat milk to simmering. In separate bowl, whisk egg yolk and egg together. Whisk in hot milk. Add cheese, bread cubes, onions and salt, mixing to combine thoroughly. Let stand 10 minutes. Divide among 4 well-buttered ramekins. Place ramekins in large baking dish and fill, halfway up sides, with very

hot water.
Bake in preheated 350°F (180°C) oven for 25 - 30 minutes or until set.
Remove from oven and allow to cool completely in water. Loosen puddings by sliding sharp knife around edges. Invert on serving plates.
Serves 4.

Spiced Birkenhead Quince, Apple and Hazelnut Strudel with an Okanagan Late Harvest Optima Sauce

Puff pastry is found in the frozen food section of most supermarkets. One package has enough for two strudels.

	Puff pastry, thawed and rolled to 4 x 12" (15 x 30 cm)	
3 tbsps	unsalted butter	45 mL
1	fresh quince, peeled, cored and cut into 1/2" (1 cm) cubes	1
1	firm cooking apple, peeled, cored and cut into 1/2" (1 cm) cubes	1
1/4 cup	crushed roasted hazelnuts	50 mL
1/4 cup	brown sugar	50 mL
1/2 tsp	cinnamon	2 mL
1/2 tsp	ground ginger	2 mL
2 tbsps	sour cream	25 mL
1	egg, well beaten	1
	Granulated sugar, as needed	
	Late Harvest Optima Sauce (recipe follows)	
	Lightly sweetened whipped or sour cream, as needed	
	Fresh mint sprigs, as garnish	

Over medium heat, melt butter in saucepan. Add quince, cooking slowly for 5 minutes. Add apple and hazelnuts; continue to cook for 4 - 5 minutes. Stir in brown sugar, cinnamon and ginger, cooking till apples are tender. Remove from heat, let cool.
Fold in sour cream. Mixture should be quite dry.
Carefully mound filling in centre of pastry making sure that one-third remains on both sides. Brush with beaten egg and fold over to form a long roll, pinching pastry to seal. With sharp knife, cut slits along the top. Brush with remaining egg and dust with granulated sugar. Let strudel rest for 15 minutes before baking in preheated 400°F (200°C) oven for 25 - 30 minutes or until golden. Let cool.
To serve, spoon Late Harvest Optima Sauce onto the bottom of dessert plates. Top with a slice of strudel and a dollop of whipped or sour cream. Garnish with fresh mint.

Late Harvest Optima Sauce

British Columbia produces some excellent dessert wines, among them this Late Harvest Optima.

1 cup	Late Harvest Optima wine	250 mL
1	vanilla bean	1
8 oz.	unsalted butter, at room temperature cut into small cubes	250 g

Pour wine into small saucepan. Split vanilla bean, scraping seeds into wine. Bring to boil over medium heat. Cook, uncovered, till wine is reduced by half. Over very low heat whisk in butter cube by cube. Strain sauce and keep at room temperature till ready to serve.

A Native Feast

Chef John K. Cordeaux

Succotash of Smoked Corn with Pearl Barley and Beans “Amerindienne”

To smoke corn, boil husked cobs until tender. Drain, cool and then proceed according to manufacturers directions to smoke cobs for 10 minutes. Cut niblets from cobs and use in the soup. To store, cut niblets from cobs and freeze for up to 3 months.

1/2 cup	butter	125 mL
1	small onion, minced	1
1	small leek, carefully washed & minced	1
6 cups	smoked corn niblets	1.5 L
1 cup	white wine	250 mL
1/4 cup	all purpose flour	50 mL
1 tsp	minced garlic	5 mL
8 cups	chicken stock	2 L
1	bay leaf	1
2 cups	whipping cream (35%)	500 mL
1	pheasant breast	1
1/2 cup	cooked fava beans	125 mL
1/2 cup	cooked pearl barley	125 mL
8	Salt and freshly ground pepper, to taste	
	chervil sprigs	8

Reserve 1 cup smoked corn (250 mL) for garnish. In large saucepan, melt butter and add onion and leek. Cook gently over low heat for 2 - 3 minutes or until limp but not browned. Add corn, continuing to cook for 2 - 3 minutes. Add white wine and bring to boil, cooking uncovered till liquid is reduced to a few tablespoons. Whisk in flour, garlic and chicken stock, continuing to cook until slightly thickened. Season to taste with salt and pepper. Add bay leaf, cover and simmer gently for 30 minutes. Remove bay leaf and purée soup in blender or food processor. Return to saucepan, add cream and keep warm. In a lightly oiled, non-stick skillet pan fry pheasant breast until well-browned on all sides. Slice into thin strips making a fine julienne; set aside. Re-heat fava beans, pearl barley and reserved corn kernels. Mound in centre of large soup plates. Pour on hot soup, garnish with pheasant strips and garnish with chervil. Serves 8.

Clay-baked Mercier Partridge with Semi-smoked Cabbage and Candied Quebec Berry Compote

True clay baking is an ancient technique. Here Chef Cordeaux pays homage to our native ingredients and their autumnal flavours.

8	large cabbage leaves	8
1	small carrot, finely diced	1
1	small, finely diced	1
1/2 cup	minced leek	125 mL
4	partridges, ready to roast	4
4	bay leaves	4
8	small sprigs thyme	8
6	slices lean side bacon	6
1	minced shallot	1
6 lbs	white earthenware clay *	6 kgs
1 cup	butter	250 mL
1/2 cup	white wine	125 mL
	Salt and freshly ground pepper, to taste	
3 cups	seasonal berries, eg. blueberries, black currants, strawberries, cranberries or raspberries	750 mL
1/2 cup	granulated sugar	125 mL
1/3 cup	maple vinegar **	75 mL
	Additional fresh thyme sprigs, as garnish	

Blanch and smoke cabbage leaves for 5 minutes, according to manufacturers instructions. In small bowl, combine carrot, onion and leek. Stuff partridges with mixture. Press one bay leaf and two sprigs thyme into each cavity. Wrap each bird in smoked cabbage, ensuring that they are completely covered. Wrap the legs of each bird with one slice of bacon. Divide clay even into four balls. Flatten to 10" (25 cm) circle. Place partridge on clay, breast down, wrapping evenly. Place with the join down on baking sheet. Roast in preheated 350°F (180°C) oven for 1 hour. Meanwhile slice remaining smoked cabbage into narrow strips. Dice remaining bacon. In large saucepan, melt ½ cup (125 mL) of the butter. Add bacon and shallot; cooking gently till translucent but not browned. Add slice cabbage and white wine. Braise for 15 minutes, seasoning with salt and pepper to taste. Make the compote by placing berries in heavy saucepan. Add sugar, maple vinegar and remaining butter. Cook over medium heat until thickened slightly. To serve: Remove partridges from oven and with a hammer crack the clay. Carefully remove the birds, slicing the breast off first before cutting the legs in half. Place a mound of braised cabbage in the centre of each plate, top with partridge and surround with several spoonfuls of berry compote. Garnish with fresh thyme.

* White earthenware clay may be purchased at hobby and craft stores such as the Hobby Emporium in Richmond Hill, Ontario

** Quebec-produced maple vinegar is made in small amounts just outside of Montreal. Sweet and delicious, it is not widely available so you may have to substitute balsamic vinegar in this recipe.

*From the Foothills...the cuisine
of southern Alberta*
Chef David Garcelon

**Rack of Alberta Lamb with Fireweed Honey and
Wheat Flake Crust**

The hot pink spires of fireweed are found in meadows across Canada but it's only in the west where it's nectar is collected for a delicate, light-tasting honey. A good substitute would be clover honey. Wheat flakes may be purchased at most whole food stores.

1 cup	wheat flakes	250 mL
2	6 - 8 bone racks of lamb chine bone removed	2
1/3 cup	fireweed honey	75 mL
1/2 cup	chopped fresh herbs such as parsley, chervil, chives and rosemary	125 mL
	Salt and freshly ground pepper, as needed	
	Roasted Red Pepper Potatoes (recipe follows)	
	Balsamic Vinegar Sauce (recipe follows)	

Spread wheat flakes on baking sheet and toast for 15 minutes in preheated 350°F (180°C) oven. Set aside to cool.

In large skillet over high heat, sear lamb racks till browned, about 3 - 4 minutes. Sprinkle lightly with salt and pepper. Brush meaty side lightly with 1 tbsp (15 mL) of the honey and transfer to open roasting pan so that honey-basted side is up.

Mix cooled wheat flakes, remaining honey and herbs. Pack onto upper side of the lamb rack.

Bake in pre-heated 350°F oven till medium-rare, about 30 - 40 minutes or until firm to the touch. Remove from oven, cover with a kitchen towel and let rest for 5 minutes before carving.

Serve with Roasted Red Pepper Potatoes and drizzle with Balsamic Vinegar Sauce.

Roasted Red Pepper Potatoes

3	potatoes, peeled and quartered	3
1-2	cloves roasted garlic*	1-2
1 tbsp	butter	15 mL
1 tbsp	whipping cream (35%)	15 mL
1/2	roasted, sweet red pepper**	
1/2	peeled, seeded and finely diced	
	Chopped fresh parsley and chives, as needed	
	Salt and freshly ground pepper, to taste	

Cook potatoes till tender in boiling salted water. Drain and mash with roasted garlic, butter and cream. Fold in roasted pepper and season to taste with fresh herbs, salt and pepper. Keep warm till serving.

Balsamic Vinegar Sauce

Place 1/2 cup (125 mL) balsamic vinegar into small, heavy saucepan. Bring to a boil over medium heat and cook until slightly syrupy.

* Clean garlic head well, cutting away any roots. With a sharp knife, slice off 1/2" (1 cm) from top of head. Place on small square of foil; drizzle with 1/2 tsp (2 mL) oil and sprinkle lightly with salt and pepper. Wrap tightly; bake in 350°F (180°F) oven for 20 - 25 minutes or until tender. Unwrap gently and squeeze each clove to release the cooked flesh.

** Holding red pepper on long fork and sear over hot coals or an open gas flame till flesh blisters, cracks and blackens. Place in plastic bag; let stand till cool enough to handle. Peel and seed pepper.

Saskatoon Berry Brûlée

Ask any Prairie person and you'll find that the memories that Saskatoon berries evoke are of freshly baked pies and warm harvest kitchens. Here's another way of using the fabulous summer fruit crusted with caramelized maple sugar.

1/4 - 1/2 cup	Saskatoon berries	50 - 125 mL
1/2 cup	Alberta Springs rye whisky	125 mL
5	egg yolks	5
2 cups	whipping cream	500 mL
1/3 cup	granulated sugar	75 mL
2 tbsps	maple sugar	25 mL

Place berries and whisky in small bowl; cover and let stand for 6 - 12 hours. Drain, reserving leftover liquor for the cook. Divide 1 tbsp (15 mL) of the berries among 4 - 6 heat proof ramekins.

In a mixing bowl, whisk together egg yolks, cream and granulated sugar. Pour over berries. The ramekins should be about 3/4 full. Set into large baking pan and fill half-way up the sides of ramekins with hot water. Bake in preheated 350°F (180°C) oven for 40 minutes. Remove dishes from hot water; let cool and refrigerate till thoroughly chilled, about 4 - 6 hours or overnight. Just before serving, sprinkle with maple sugar. Arrange on oven proof baking sheet; place under very hot broiler and cook till sugar bubbles, melts and turns very dark brown. Serve immediately garnished with remaining marinated berries.

Serves 4 - 6.



A Canadian Culinary Celebration

Chef George McNeill

Corn-crusted Salmon with Thyme-infused Garlic Oil on Sweet Carrot and Barley Risotto with Sun-dried Cranberries, Corn, Squash & Lima Beans

Many of Chef McNeill's dishes are composed of small steps. Break any recipe down and it becomes not only very easy, but possible to prepare well in advance.

To serve, warm flat soup plates and place hot barley risotto in centre of each. Top with corn-crusted salmon, pour tarragon broth around the risotto and drizzle with a little oil.

6	2 oz (50 g) salmon fillets, skin on	6
1/2 tsp	salt	2 mL
1/4 tsp	freshly ground pepper	1 mL
1/3 cup	cornmeal	75 mL
2 tbsps	canola oil	25 mL

Season salmon with salt and pepper; coat with cornmeal. Heat oil over medium high in non-stick skillet. Sauté salmon till golden brown on both sides. Keep warm.

Thyme-infused Garlic Oil

1 1/4 cups	canola oil	300 mL
8	whole garlic cloves, peeled and cleaned	8
1 tsp	minced thyme	5 mL
2	shallots, minced	2

In a small saucepan, combine 1/4cup (50 mL) of the oil, garlic, thyme and shallots. Cover and cook gently for 3 - 5 minutes or until very soft but not browned. Add remaining oil, simmer over very low heat for 1 hour. Remove from heat; cover and refrigerate for 1 -2 days. Strain oil and refrigerate until needed. Makes 1 cup (250 mL).

Tarragon Broth

1/2	Spanish onion, minced	1/2
2 tbsps	canola oil	25 mL
1/2	bunch, fresh tarragon	1/2
1/2 cup	white wine	125 mL
1 1/4 cups	fish or chicken stock	300 mL
1 tsp	cornstarch	5 mL
	Salt & freshly ground pepper, to taste	

In medium covered saucepan, gently cook onion in oil until translucent. Chop 1/2 of tarragon, using stems and leaves. Add to saucepan. Team for 2 - 3 minutes. Add wine and increase heat. Cook, uncovered, to reduce wine by half. Add stock and return to boiling. Make a paste of cornstarch and water or a little more stock. Whisk into boiling stock to thicken slightly. Strain and keep warm. Meanwhile, strip off leaves from remaining tarragon; chop finely and add to broth. Season to taste with salt and pepper. Keep warm till needed or refrigerate till serving and re-heat.

Sweet Carrot and Barley Risotto

Barley is one of the best substitutes for rice and this dish proves it!

1 cup	pearl barley	250 mL
2 1/4 cups	chicken stock	300 mL
1/4 cup	each diced carrots, butternut squash	50 mL each
	corn niblets, quick frozen or fresh lima beans	
2 tbsps	dried cranberries	25 mL
1/4 cup	grated Parmesan cheese	50 mL
2 tbsps	butter	25
	Fresh herbs (Italian parsley, chives, basil), as needed	
	Salt & freshly ground pepper, to taste	

Combine barley and chicken stock in covered saucepan. Bring to boil, reduce heat and simmer till tender, about 25 minutes.

Steam carrots till tender crisp, drain and set aside. Melt 1 tsp (5 mL) of the butter and toss with squash. Spread on small baking pan; roast at 350°F (180°C) till tender, about 15 minutes.

When barley is tender, add prepared vegetables and cranberries, mixing well. Stir in Parmesan and butter. Keep warm. Just before serving, season with fresh herbs, salt and pepper.

Serves 6.

Braised Ontario Lamb Shanks with Wild Muskoka Chanterelles on White Bean and Blue Cheese Ravioli

Begin this recipe by braising the lamb shanks until very tender. This may be done a day or so ahead of time, then assembled at the last minute.

2 lbs	lamb shanks	1 kg
2	carrots, cleaned and chopped	2
1	large onion, washed and quartered	1
2	celery stalks, coarsely chopped	2
1 cup	dry red wine	250 mL
	Cold water, as needed	
1	sprig rosemary	1
1	large sprig fresh thyme	1
2 cups	cleaned and split chanterelles	500 mL
3 tbsps	minced shallots	45 mL
1	garlic clove, minced	1
1/4 cup	white wine	50 mL
1 tsp	chopped rosemary	5 mL
1	tomato, peeled, seeded & diced	1
	Balsamic vinegar reduction *	

Sear the shanks until richly browned in a lightly oiled stockpot. Remove and set aside. Add carrots, onion and celery, stirring quickly to combine. Brown lightly over medium heat. Deglaze with red wine; return shanks to stockpot and add cold water to barely cover. Toss in rosemary and thyme. Simmer, covered, until shanks are very tender, checking from time to time and adding water as needed.

When tender, let cool completely and with a fork, shred the meat. Reserve.

Strain the stock, skimming any excess fat, and reserve. Refrigerate both lamb and stock until needed or use immediately.

About 30 minutes before serving sauté shallots and garlic for 30 seconds in a hot, lightly oiled skillet. Add chanterelles and continue to cook for 2 - 3 minutes. Stir in white wine, shredded lamb shanks and enough

reserved lamb stock to moisten thoroughly. Bring to a boil over medium-high heat. Add chopped rosemary and tomato. Taste and adjust seasonings if necessary. Keep warm while preparing ravioli.

Bring a pot of salted water, with a touch of oil added, to a boil. Gently immerse pasta and simmer till tender, about 4 -5 minutes.

To serve: With slotted spoon, pile lamb shank mixture in centre of hot plate, overlap warm ravioli on top and spoon on sauce. Drizzle with balsamic vinegar reduction.

* Heat 1/4 cup (50 mL) balsamic vinegar to simmering. Let cook till reduced by half.

White Bean and Blue Cheese Ravioli

Choose a nippy Canadian blue for this recipe...one that is creamy but still has enough bite to balance the richness of the lamb.

Prepare the ravioli:

1 1/2 cups	white beans	375 mL
1	garlic clove	1
1	carrot, diced	1
1	leek, diced	1
1	onion, diced	1
1	celery stalk, diced	1
1	bay leaf	1
3 cups	chicken stock, as needed	750 mL
2	tomatoes, peeled, seeded and diced	2
1/4 cup	chopped Italian parsley	50 mL
1/2 cup	diced Canadian blue cheese	125 mL
	Butter, as needed	
	Salt and freshly ground pepper, to taste	
6	pasta sheets or wonton wrappers, as needed	6
1	egg, well beaten	1

Wash, sort and soak beans in cold water overnight. Drain and set aside.
In saucepan, combine garlic, carrots, leeks, onions and celery. Cook gently over low heat till beginning to soften. Add bay leaf, beans and chicken stock. Bring to boil; simmer till beans are tender. Remove from heat, cool and drain of any excess stock. Add half the diced tomatoes, parsley, cheese and enough butter to smooth the mixture and add a little creaminess.

Brush pasta sheets with egg wash and place a tablespoon of filling at intervals on pasta. Cover with second sheet of pasta, pressing between filling to remove air bubbles. Seal thoroughly and cut.

Crunchy Roasted Apricots with Tira Misu & Espresso Chocolate Sauce

To serve, spoon the Tira Misu into dessert dishes or onto attractive dessert plates. Garnish with Crunchy Roasted Apricots and Espresso Chocolate Sauce.

6	apricots, fresh or canned in water	6
1/4 cup	unsalted butter, softened	50 mL
1/3 cup	granulated sugar	75 mL
3/4 cup	cake & pastry flour	175 mL
1/3 cup	sliced, blanched almonds	75 mL
	Zest of half a lemon	
	Tira Misu (recipe follows)	
	Espresso Chocolate Sauce (recipe follows)	

Arrange apricot halves on lightly buttered baking dish. In small bowl, rub butter, sugar, flour and almonds together to make crumbs. Add lemon zest and pat mixture over apricots. Bake in preheated 375°F (190°C) about 30 - 35 minutes or until topping is beginning to brown.

Tira Misu

To make the coffee rum noted in this dish, brew some triple strength coffee. To 1/4 cup (50 mL) of the coffee, add enough dark or spiced rum to equal 1/3 cup (75 mL).

5	sheets gelatin	5
3	egg yolks	3
1/2 cup	icing sugar	125 mL
13 oz	Mascarpone cheese, lightly beaten	375 g
2 cups	whipping cream (35%)	500 mL
10	lady finger sponge cookies	10
1/3 cup	coffee rum	75 mL

Soak gelatin sheets in cold water; set aside till needed. Whisk egg yolks and icing sugar together over hot water. Beat in cheese and remove from heat. Bring 1 cup (250 mL) of the cream to a boil. Stir in gelatin till dissolved. Whisk into cheese mixture. Beat remaining cream till soft peaks are formed. Fold into cheese mixture.
Place sponge fingers on bottom of serving dish; sprinkle with coffee rum. Add cheese mixture and refrigerate till set.

Espresso Chocolate Sauce

2 cups	whipping cream (35%)	500 mL
6	egg yolks	6
1/3 cup	granulated sugar	75 mL
1/2 cup	espresso coffee	125 mL
1 tsp	vanilla	5 mL
1 oz	melted bittersweet chocolate	30 g

In a heavy saucepan, bring cream to a boil. In a bowl, whisk egg yolks with sugar. Carefully whisk in boiling cream. Return mixture to low heat, cooking and stirring gently will it becomes slightly thickened and will coat the back of a spatula. Strain, if necessary.
Add coffee, vanilla and melted chocolate, stirring so that chocolate forms flecks throughout the sauce.

Ontario's Bounty

Chef George McNeill

Local Carrot and Butternut Squash Soup with Warm Leek Flan, Savoury Orange Oil and Cumin-spiked Maple Vinegar

To serve, place Leek Flan in centre of each soup plate. Ladle on the steaming soup and drizzle with Savoury Orange Oil and Cumin-spiked Maple Vinegar. Chef McNeill garnishes the soup with sage fritters ñ whole leaves of fresh sage that he dips in tempura batter and deep-fries. Fresh sage leaves may also be used.

Local Carrot and Butternut Squash Soup

1	garlic clove	1
1/2 cup	diced onion	125 mL
1 tsp	curry paste	5 mL
1/2 cup	unsalted butter	125 mL
11/2 cups	peeled, diced carrots	375 mL
11/2 cups	peeled, diced butternut squash	375 mL
3 cups	chicken stock	750 mL
	Bouquet garni of parsley & bay leaf	
	Salt and freshly ground pepper, to taste	

In large saucepot, combine garlic, onion, curry paste and 2 tbsps (25 mL) of the butter. Heat gently, cooking for 5 minutes over low heat. Add carrots and squash; continue to cook for 5 minutes. Pour in stock and add bouquet garni. Simmer over low heat for 30 minutes, or until vegetables are tender. Remove bouquet garni and whisk in remaining butter.

Leek Flan

1	leek, white part only finely diced	1
1 tbsp	butter	15 mL
1/3 cup	whipping cream - 35%	75 mL
1/2 cup	grated Gruyere cheese	125 mL
11/4 cups	homogenized milk	300 mL
1 tsp	minced parsley	5 mL
4	eggs, well beaten	4
1/8 tsp	cayenne pepper	.5 mL
1/4 tsp	salt	1 mL
6	baked savoury tart shells	6

Combine leek and butter in medium saucepan. Cook gently over low heat till leek is translucent, about 3 - 4 minutes. Whisk in cream, cheese and milk. Bring to boil, stirring constantly. Add parsley. Whisk hot mixture into a bowl containing beaten eggs. Season with cayenne pepper and salt. Pour into buttered 10" (25 cm) pie plate. Set into a large dish containing enough hot water to come halfway up sides of pie plate. Bake in preheated 300°F (150°C) oven till set, but not browned, about 25 minutes. Remove from oven and let cool. Cut into small squares and fit into tartlet shells.

Savoury Orange Oil

4	oranges	4
1 tsp	cumin	5 mL
1 tsp	fresh thyme	5 mL
2	shallots, minced	2
1 tsp	tumeric	5 mL
11/4 cups	canola oil	300 mL
1/2 cup	chicken stock	125 mL

With sharp knife remove orange zest; chop coarsely. Set aside.

In a dry skillet, toast cumin over medium heat till lightly browned. Combine with thyme, shallots, tumeric and zest in small saucepan. Add 1 tbsp (15 mL) of the oil. Heat slowly for 1 - 2 minutes or until tender and shallots are translucent. Add chicken stock and bring to a boil. Simmer, uncovered, over low heat until reduced by half. Add remaining oil; continue to simmer for 15 minutes. Remove from heat and cool. Purée in blender and pour into small glass jar. Let stand overnight to allow solids to settle. Strain off oil and use as required. Refrigerate until needed.

Cumin-spiked Maple Vinegar

Maple vinegar is an infusion of maple syrup and vinegar. If it is not available, substitute a high quality cider vinegar.

1 tsp	cumin seeds	5 mL
1/2 cup	maple vinegar	125 mL

Toast cumin seeds in dry skillet till browned. Remove from heat and cool for 1 minute. Add vinegar to pan. Return to heat and warm slightly. Let stand for several hours to infuse the cumin flavour into the vinegar. Strain and use as required.

Country-style Roast Chicken with Smashed Garlic and Rosemary
Buttery Onion Mashed Potatoes

2	carrots, washed	2
2	celery stalks with leaves	2
1	large Spanish onion, unpeeled	1
2	2 1/4 - 2 1/2 lb (1.1 -1.2 kg)	2
	roasting chickens	
1	bunch rosemary	1
2	garlic bulbs	2
1 tbsp	vegetable oil	15 mL
	Salt, as needed	
	Cracked black pepper, as needed	

Coarsely chop carrots, celery and onion. Place on bottom of roasting pan large enough to hold the two chickens. Coarsely chop 6 cloves of the garlic; reserve. Wash the birds; pat dry. Stuff cavity with rosemary and remaining whole garlic cloves. Brush chickens with oil and rub with chopped garlic. Sprinkle lightly with salt and cracked pepper. Place in roasting pan. Roast in preheated 350° (180°C) oven for 1 1/2 hours or until juices run clear when pierced with a sharp knife. Transfer to hot platter and keep warm while preparing the Dark Mushroom Jus with contents of roasting pan.

Dark Mushroom Jus

For a thicker sauce, combine a little cornstarch with chicken stock and whisk into hot juices.

	Roasting pan contents	
2 lbs	portobello mushrooms, stems removed	1 kg
1 cup	Ontario chardonnay	250 mL
1	large potato, thinly sliced	1
	Chicken stock, as needed	

Drain liquid from roasting pan, skimming fat from sur-

face. If necessary add chicken stock to equal 2 cups (500 mL). Set aside.
Place roasting pan directly on stove top on medium heat. When vegetables start to cook, add mushrooms, cooking over medium heat till they begin to brown, about 7 - 8 minutes.
Increase heat to medium-high. Stir in chardonnay, cooking uncovered till reduced by half. Add potato and reserved stock; continue cooking till liquid is reduced to one quarter. Coarsely purée in blender or food mill and strain. Keep warm till needed adding stock to thin if necessary.

Buttery Onion Mashed Potatoes

- | | | |
|---------|---|--------|
| 1 | large Spanish onion | 1 |
| 3 lbs | Yukon Gold potatoes, peeled & cut in quarters | 1.5 kg |
| 1/2 cup | buttermilk | 125 mL |
| 2 tbsps | butter | 25 mL |
| | Salt and white pepper, to taste | |

Trim root and top off Spanish onion. Rub with oil and roast in 350° F(180°C) oven till tender, about 1 1/2 hours. Cool and purée.
Cook potatoes till tender in boiling, lightly salted water. Drain, return to heat briefly to dry.
Mash, then whip in onion purée, buttermilk and butter. Season to taste with salt and white pepper.
Keep hot till serving.

Ontario Walnut and Chocolate Tart with Raspberry Sherbet and Warm Apple Cider Butter

- | | | |
|---------|--|--------|
| 2 oz | dark chocolate | 60 g |
| 1 cup | corn syrup | 250 mL |
| 1/2 cup | granulated sugar | 125 mL |
| 5 | eggs | 5 |
| 1 tbsp | melted butter | 15 mL |
| 3/4 cup | walnut crumbs | 175 mL |
| | One 11" (27 cm) unbaked, sweet tart pastry crust in springform pan | |

Chop chocolate coarsely and combine with corn syrup in small, heavy saucepan. Heat gently till chocolate melts. Let cool slightly. Whisk in sugar, eggs and butter. Pour into prepared tart shell; sprinkle evenly with crumbs. Bake in preheated 350°F (180°C) oven for 35 minutes or until set. Let cool before removing from pan.

Raspberry Sorbet

- | | | |
|------------|--------------------------------------|--------|
| 4 cups | water | 1 L |
| 1 1/2 cups | granulated sugar | 375 mL |
| 8 cups | raspberry purée | 2 L |
| | Juice of 2 lemons | |
| 1 | egg white, beaten to form soft peaks | 1 |

Bring water and sugar to boil; allow to cool completely. Stir in raspberry purée and lemon juice. Freeze in ice cream machine according to manufacturers instructions. As mixture begins to turn slushy, fold in egg white. Continue to freeze until firm, about 2 hours.

Small tastes of the Maritimes

Chef Dale Nichols

Smoked Peppered Mackerel with Partridgeberry Mayonnaise

Crowell's Smokery in Yarmouth County, Nova Scotia, prepares both lemon-peppered and garlic-spiced mackerel. Partridgeberries come from Newfoundland but are, in reality, low bush cranberries. They are also called lingonberries, rock, alpine, mountain and European cranberries. Make the purée ahead of time and use it as we are today in mayonnaise or as a wonderful, tangy sauce for your Christmas goose or turkey.

Partridgeberry Mayonnaise

1/4 cup	red wine, raspberry or cider vinegar	
50 mL		
2 cups	partridgeberries	500 mL
3/4 cup	brown sugar	175 mL
1	cinnamon stick	1
1/2 tsp	ground cardamom	2 mL
1/2 cup	water	125 mL
1 cup	mayonnaise	250 mL

First make the purée. In a small saucepan, combine vinegar, berries, sugar, cinnamon, cardamom and water. Cover and bring to a boil over medium heat. Reduce heat; simmer till berries are soft and mixture thickens, 7 - 10 minutes. Remove from heat; let cool. Remove cinnamon stick and press through a strainer or food mill. When cool combine 1/4 cup (50 mL) purée with the mayonnaise, stirring well. Refrigerate until needed. Refrigerate remaining partridgeberry purée. To serve, spoon Partridgeberry Mayonnaise onto slices of the smoked mackerel.

Pan-fried Halibut with Roasted Garlic Potatoes

Yukon Gold potatoes are one of Canada's great agricultural success stories. Hybridized at the University of Guelph, they are now on menus around the world.

12	1/2" (1 cm) slices Yukon Gold potatoes	12
2 tbsps	canola oil	25 mL
1 tbsp	minced fresh rosemary	15 mL
1 tbsp	minced fresh thyme	15 mL
1/2 tsp	salt	2 mL
1/4 tsp	freshly ground pepper	1 mL

In a small bowl, toss potato slices with oil, rosemary, thyme, salt and pepper. Place on non-stick or parchment-lined baking sheet. Bake in preheated 350°F (180°C) oven for 12 - 15 minutes or until barely tender. Cool and set aside till needed.

Pan-roasted Garlic

12	garlic cloves, peeled	12
1 tbsp	canola oil	15 mL
1/2 cup	white wine	125 mL
	Salt & freshly ground pepper, to taste	

In a small, non-stick skillet sauté garlic in oil until edges turn golden brown. Add 1/4 cup (50 mL) of the wine, cooking and stirring till liquid has evaporated. Pour in remaining wine and cook further till garlic is fully softened and no more liquid remains. Remove from heat, mash with fork and season salt and pepper. Set aside to cook then refrigerate till needed.

The Halibut

12 oz	halibut	300 g
3 tbsps	canola oil	45 mL
	Salt & freshly ground pepper, as needed	
	Chopped parsley and grated lemon rind, as garnish	

Slice halibut into 12 small portions. In large non-stick skillet, sauté halibut in oil over medium-high heat. Season lightly with salt and pepper.

To Assemble: Spread a 1 tsp (5 mL) garlic on each potato slice. Top with halibut and garnish with chopped parsley and grated lemon rind. Serve warm.

Makes 12 portions.

Oxford Nova Scotia Wild Blueberry Tart

Wild blueberries flourish all over Canada but they are commercially cultured and harvested by Oxford Farms near Amherst. Either buy small tart shells or make your own with Chef Nicols' recipe.

Sweet Tart Pastry:

2 cups	all purpose flour	500 mL
1/3 cup	granulated sugar	75 mL
2/3 cup	chilled unsalted butter	150 mL
2	eggs	2

Mix the flour and sugar in large bowl. Cut in butter till mixture resembles fine crumbs. Beat eggs till frothy; pour into flour/sugar mixture, combining with a fork till dough begins to hold together. Shape into ball; cover and refrigerate while making filling. Roll carefully on lightly floured surface; cut into rounds to fit small tart pans. Prick pastry and bake, unfilled, in preheated 400°F (200°C) oven for 12 - 15 minutes or until golden brown. Remove and cool.

The Filling:

2 cups	frozen wild blueberries	500 mL
3/4 cup	granulated sugar	175 mL
	Juice from 1 lemon	

In a small saucepan, combine blueberries, sugar and lemon. Bring to a boil. Stir and cook over high heat for 5 minutes. Reduce heat to medium/low and simmer till thickened, about 20 minutes. Remove from heat and cool. Set aside till ready to serve

Cream Cheese Topping:

8 oz	cream cheese, softened	250 g
1/2 cup	butter, softened	125 mL
1 tsp	vanilla	5 mL
2 cups	icing sugar	500 mL

In a deep bowl, whip the cheese, butter and vanilla together. Beat in icing sugar till lightly and smooth. Set aside.

To assemble: Place a small spoonful of blueberry filling in each prepared tart shell. Finish with a tiny dollop of Cream Cheese Topping.

Makes 24 tartlets.

Smoked Salmon Tortellini with Ste.Famille White Wine Sauce

1 cup	cubed smoked salmon	250 mL
1	small onion, diced	1
2 tbsps	canola oil	25 mL
1/2 cup	dry ricotta cheese	125 mL
1/2 tsp	chopped fresh tarragon	2 mL
	Salt and freshly ground black pepper, to taste	
48	2" (5 cm) pasta rounds or wonton wrappers	48
1	egg, beaten	1

In medium saucepan over low heat, cook salmon and onion in oil till salmon begins to break apart. Remove from heat; let cool. Stir in ricotta cheese and tarragon; season with salt and pepper to taste.

Assemble the tortellini: Lay out pasta rounds. Brush with beaten egg. Place 1/2 tsp (2 mL) filling in centre of each; fold over forming a half moon. Flip back the edge of the half moon and bring the ends around to meet in the centre. Seal together with more beaten egg. Set aside while preparing sauce.

To cook tortellini, bring a large pot of salted water to a boil. Add pasta and cook, covered, over medium heat till al dente. Toss with Ste. Famille White Wine Sauce (recipe follows).

Ste.Famille White Wine Sauce

1/2 tsp	chopped garlic	2 mL
2	shallots, minced	2
2 tbsps	canola oil	25 mL
1 cup	Ste.Famille white wine	250 mL
1 tsp	black peppercorns	5 mL
2	bay leaves	2
2 cups	whipping cream (35%)	500 mL
1/4 cup		chopped chives
50 mL		
1 tbsp	chopped tarragon	15 mL

Salt and freshly ground pepper, to taste

In a medium saucepan sauté garlic and shallots in oil till tender. Add white wine, peppercorns and bay leaves. Bring to a boil, uncovered, and cook over medium high heat till reduced to about 1/4 cup (50 mL).

Add cream, return to boil, cooking till sauce is reduced by one-third.

Strain; add chives and tarragon. Season to taste with salt and pepper.

Serves 6.

Late Autumn at the Château
showcasing two of Quebec's
great cheeses

Chef Jean Soulard

Pumpkin and Leek Soup

Buy tiny pumpkins to use as serving bowls. Cut off their tops, scoop out the seeds with a spoon and set them aside until needed. Just before serving heat them by filling with boiling water and allowing them to stand for 2 - 3 minutes. Drain them thoroughly before using.

1 tbsp	nut oil or unsalted butter	15 mL
1	leek, white part only, washed, trimmed and chopped	1
1	2 lb / 1 kg pumpkin, peeled and cubed	1
2	medium potatoes, peeled and diced	2
2 cups	half & half cream (10%)	500 mL
1 tsp	salt	5 mL
1/2 tsp	freshly ground pepper	2 mL
	Additional cream or homogenized milk, as needed	
	Chopped fresh chives, as garnish	

In saucepan, heat oil or butter over medium-low. Add leek; cover and cook gently till limp. Stir in pumpkin and potato cubes. Cover, steam for 5 minutes. Add cream, salt and pepper. Bring to boil, reduce heat to low and simmer, covered, for 25 - 30 minutes. Purée soup, thinning with additional cream or milk if necessary. Ladle soup into heated serving dishes or small, pre-warmed pumpkins. Generously sprinkle with chives. Serves 8.

Warm Autumn Salad with St. Basile Cheese and Sautéed Cortland Apples

St.Basile de Portneuf, one of the most delicious cheeses in all of Canada, is produced from raw milk (lait cru) just west of Quebec City. Because it is made in such small quantities, you may have to substitute a high quality Quebec-made brie in this recipe. Cortland or Northern Spy apples are preferred because they hold their shape well.

2	firm, cooking apples, peeled and thinly sliced	2
1/3 cup	melted, unsalted butter	75 mL
4	sheets phyllo pastry	4
4	1 oz (28 g) portions St.Basile-de Portneuf cheese	4
	Salad greens, as needed	
	Vinaigrette, recipe follows	

In a small skillet over medium heat, sauté apples in 2 tbsps (25 mL) of the butter till tender. Remove from heat and set aside to cool. Unfold phyllo pastry carefully. Immediately re-wrap the unused portion and refrigerate. On a flat surface brush each sheet of pastry lightly with melted butter. Fold in half, end to end. Brush with remaining butter. Place apples in the centre of each folded sheet. Top with a piece of cheese and gather pastry up to form a small purse, pinching it tightly to seal. Place on lightly oiled baking sheet. Bake in preheated 375°F (190°C) oven for 15 minutes or until golden.

Arrange salad greens on individual plates. Top with phyllo purses; drizzle with vinaigrette and serve immediately. Serves 4.

Basic Vinaigrette

This simple recipe may be enhanced with chopped fresh herbs or minced garlic.

1/4 cup	apple cider vinegar	50 mL
1 tsp	Dijon-style mustard	5 mL
1/2 tsp	salt	2 mL
1/2 tsp	freshly ground pepper	2 mL
2/3 cup	canola oil	150 mL

Whisk or shake together vinegar, mustard, salt, pepper and oil. Refrigerate until needed. Makes 1 cup (250 mL).

Golden Winter Fruit Tart with Le Migneron Cheese

Le Migneron is found only in the Charlevoix, a region of fiords and river-scapes, on the north shore of the St.Lawrence where the Canadian Shield plunges steeply into the river. The Crème de Cassis is from L'Ile d'Orleans.

4	4" (10 cm) rounds puff pastry	4
1/4 cup	lightly sweetened applesauce	50 mL
2	large, cooking apples	2
3	ripe but firm pears	3
2 tbsp	melted butter	25 mL
1/3 cup	Crème de Cassis	75 mL
2 tbsps	orange marmalade	25 mL
4 oz	Le Migneron cheese	110 g

Place puff pastry on ungreased baking sheet. Spread with applesauce. Peel and thinly slice apples and 2 pears. Overlap fruit slices atop applesauce. Drizzle or brush with melted butter. Bake in preheated 400°F (200°C) oven for 25 minutes until pastry is crisp and beginning to brown. In small saucepan, cook Crème de Cassis till reduced to half. Set aside. Melt orange marmalade in either the microwave or in small saucepan on stove. When pastries are done, remove from oven and drizzle with warm orange marmalade. Set aside to cool slightly. To serve, peel remaining pear; arrange on plate with tart. Splash with Crème de Cassis and place a slice of cheese on the side. Serves four.

Pheasant at its best

Chef Roger Tremblay

Sausage-stuffed Pheasant Breasts with Dried Muskoka Cranberry Sauce

Chef Tremblay suggests that chicken breasts may be substituted for pheasant and link sausage may be used to replace the venison wine sausage which may not be available in your area. Serve this dish with roasted or steamed seasonal vegetables.

3 cups	rich beef stock	750 mL
4	4 - 6 oz (115 -150 g) boneless pheasant breasts	4
4	venison wine sausages	4
12	slices lean bacon, 4 pieces diced, 8 pieces cut in half crosswise	12
2	shallots, minced	2
4	whole shiitake mushrooms	4
3/4 cup	dried cranberries	175 mL
1/2 cup	Port wine	125 mL
	Salt and freshly ground pepper, to taste	
1/4 cup	whipping cream (35%)	50 mL
3 - 4	branches of fresh rosemary	3 - 4

In a medium saucepan bring beef stock to full boil over high heat and cook, uncovered, till volume is reduced by half. Set aside.

With a sharp, narrow knife, make a pocket in each pheasant breast by inserting knife from wing end. Insert whole sausage into pocket.

In large, non-stick skillet, sear breasts over high heat till golden. Remove and arrange in oven proof baking dish. Arrange half slices of bacon on top. Roast in pre-heated 375°F (190°C) oven for 30 - 35 minutes, or until bacon begins to crisp.

Over medium heat sauté diced bacon in the same skillet used to sear pheasant. When beginning to brown; add shallots, mushrooms and dried cranberries. Cook for 4 - 5 minutes or until mushrooms are tender.

Remove shiitake and set aside for garnish. Drain any excess fat. Add port; cook until pan is almost dry. Add reserved beef stock; continue to cook over medium heat for 2 - 3 minutes or until sauce begins to thicken slightly.

Season to taste with salt and pepper.

Just before serving, add cream and reheat. Reheat mushrooms.

To serve, slice roasted pheasant breasts; arrange on heated platter. Spoon on sauce; garnish with shiitake mushrooms and rosemary branches.

Serves four.

Également disponible en français.

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